

What is claimed is:

1. A method for generating a link means in a file and updating text in the file on a computer network, wherein a provider computer and a user computer are in communication via the computer network, and wherein the user computer is capable of accessing the file, comprising:

selecting key words and placing each key word a key word list;

creating an association between each key word and predefined data;

creating a linking means between the key word and the predefined data, wherein the user can access the predefined data via the linking means.

2. A system for generating a link means in a file and updating text in that file on a computer network, wherein a provider computer and a user computer are in communication via the computer network, and wherein the user computer is capable of accessing the file, comprising:

a database for storing selected key words;

a means for creating an association between each key word and predefined data;

a means for creating a linking means between the key word and the predefined data,

wherein the user can access the predefined data via the linking means.